

Texas Agricultural Extension Service • The Texas A&M University System

SHOPPING CLUES...

Holiday Breads and Cereals



Dear Homemaker,

Christmas time is near and many of us want to please our family and friends with tasty breads and desserts. These foods can be good, nutritious and low in cost.

Remember to use only enriched or whole grain breads and cereals. These have added nutrients for the same cost.

Select recipes that have nutritious and tasty ingredients. Choose those containing milk (use dry milk for low cost), eggs, peanut butter or nuts, fruit, vegetables or enriched cereals and flour. You will be getting more for your money.

Try this holiday menu:

Roast Turkey
Green Peas Mashed Potatoes/Gravy
Carrot and Celery Sticks
Biscuits
Iced Tea
Pumpkin Pie

Sincerely,

Name and title



Merry Christmas
from the
key nutrients



PASTRY POINTERS

BASIC PIE CRUST RECIPE

1 cup sifted enriched flour
½ teaspoon salt

⅓ cup shortening
2-3 tablespoons water

Mix sifted flour and salt. Cut in shortening with 2 knives until mixture is like coarse cornmeal. Make a well in the center of the bowl and add water, 1 tablespoon at a time. Toss with a fork and moisten until dough holds together. Shape into a ball and roll out on lightly floured area.

Note: Chill shortening for best results.

Do not overwork the dough — this will cause a tough pie crust.

Some recipes call for a baked pie shell. Bake the pie crust at 450° F. for 10 minutes.

But, for this special *pumpkin pie* recipe, use an unbaked pie crust. Pumpkin pie is economical, tasty and full of vitamins.



HOLIDAY PUMPKIN PIE

Unbaked pie shell
2 eggs
1 cup sugar
1 tablespoon flour, enriched

1 teaspoon salt
2 teaspoons pumpkin pie spice
1 1-lb. can cooked pumpkin
13 fl. oz. can evaporated milk

Preheat oven to 450° F. In large mixing bowl, beat eggs. Add remaining ingredients; mix well. Pour into unbaked pastry shell. Bake at 450° F. for 10 minutes, then at 350° F. for 40-50 minutes until knife inserted near center comes out clean.

Let the pumpkin pie cool slightly and store in the refrigerator. Any food containing egg or milk should be stored in the refrigerator.



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Cooperative Extension Work in Agriculture and Home Economics, The Texas A&M University System and the United States Department of Agriculture cooperating. Distributed in furtherance of the Acts of Congress of May 8, 1914, as amended, and June 30, 1914.
50M—7-76 F&N 2-2